



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01306, Ice cream, lowfat, no sugar added, cone, added peanuts and chocolate sauce

Report Date: July 16, 2017 19:20 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	43.85	--	--
Energy	kcal	265	--	--
Energy	kJ	1110	--	--
Protein	g	5.33	--	--
Total lipid (fat)	g	9.33	--	--
Ash	g	1.48	--	--
Carbohydrate, by difference	g	40.01	--	--
Fiber, total dietary	g	9.3	--	--
Sugars, total	g	10.67	--	--
Starch	g	0.58	--	--
Minerals				
Calcium, Ca	mg	133	--	--
Iron, Fe	mg	0.48	--	--
Magnesium, Mg	mg	65	--	--
Phosphorus, P	mg	143	--	--
Potassium, K	mg	213	--	--
Sodium, Na	mg	113	--	--
Zinc, Zn	mg	1.06	--	--
Copper, Cu	mg	0.360	--	--
Manganese, Mn	mg	0.677	--	--
Selenium, Se	µg	3.9	--	--
Vitamins				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.182	--	--
Riboflavin	mg	0.200	--	--
Niacin	mg	3.528	--	--
Pantothenic acid	mg	0.297	--	--
Vitamin B-6	mg	0.093	--	--
Folate, total	µg	17	--	--
Folic acid	µg	0	--	--
Folate, food	µg	17	--	--
Folate, DFE	µg	17	--	--
Choline, total	mg	14.5	--	--
Vitamin B-12	µg	0.07	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	26	--	--
Retinol	µg	26	--	--
Carotene, beta	µg	1	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	89	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	6	--	--
Vitamin E (alpha-tocopherol)	mg	0.70	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.2	--	--
Vitamin D3 (cholecalciferol)	µg	0.2	--	--
Vitamin D	IU	8	--	--
Vitamin K (phylloquinone)	µg	0.7	--	--
Lipids				
Fatty acids, total saturated	g	6.598	--	--
4:0	g	0.090	--	--
6:0	g	0.051	--	--
8:0	g	0.030	--	--
10:0	g	0.068	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
12:0	g	0.075	--	--
14:0	g	0.286	--	--
15:0	g	0.002	--	--
16:0	g	3.315	--	--
17:0	g	0.018	--	--
18:0	g	1.612	--	--
20:0	g	0.244	--	--
22:0	g	0.516	--	--
24:0	g	0.292	--	--
Fatty acids, total monounsaturated	g	1.061	--	--
14:1	g	0.000	--	--
15:1	g	0.000	--	--
16:1 undifferentiated	g	0.006	--	--
17:1	g	0.001	--	--
18:1 undifferentiated	g	1.031	--	--
20:1	g	0.020	--	--
22:1 undifferentiated	g	0.002	--	--
24:1 c	g	0.000	--	--
Fatty acids, total polyunsaturated	g	0.434	--	--
18:2 undifferentiated	g	0.423	--	--
18:3 undifferentiated	g	0.010	--	--
18:4	g	0.000	--	--
20:2 n-6 c,c	g	0.000	--	--
20:3 undifferentiated	g	0.000	--	--
20:4 undifferentiated	g	0.001	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:4	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	7	--	--
Amino Acids				
Other				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	3	--	--
Theobromine	mg	118	--	--